

2003 California Children's Healthy Eating and Exercise Practices Survey

Table 62: Amount of Physical Activity Children Believed They Needed for Good Health (Phone Sample)

About how many minutes do you think you should exercise or be physically active each day for good health?

About how many days each week do you think you should exercise or be physically active by doing things like bicycling, dancing, or playing basketball for at least 30 minutes at a time one hour?

	Physical Activity Believed Needed, Percent of Children
	≥60
Total	24
Gender	
Males	24
Females	23
Ethnicity	
White	22
African American	22
Latino	26
Asian/Other	23
Income	
≤\$19,999	4 **
\$20,000 - \$49,999	26
≥\$50,000	27
Federal Poverty Level	
≤ 185%	19
> 185%	25
Food Stamps	
Yes	18
No	24
Overweight Status	
Not at Risk	26
At Risk/Overweight	23
Physical Activity	
≥60 minutes	23
<60 minutes	24
School Breakfast	
Yes	18
No	25
School Lunch	
Yes	22
No	26
Nutrition Lesson	
Yes	24
No	23
Exercise Lesson	
Yes	26
No	17

Excludes those reporting "don't know."

Rows may not add up to 100% due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

** p<.01